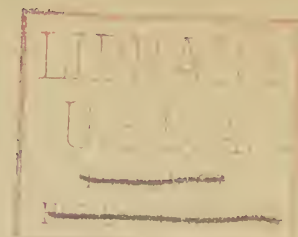


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THE GROUP METHOD
of
COMPUTING CALORIES AND PROTEIN IN A DIET.

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The following sheets suggest a method for grouping common food materials, such as those used in the course of a week or a month in the average household, and for computing their energy and protein values by groups instead of by items. It is applicable to any ordinary diet but gives more accurate results when applied to a varied than to a monotonous diet.

The factors used in calculating protein and energy under each group were determined largely by the average values of the foods listed under the group, but partly by the relative amounts in which the foods are usually eaten. For example, in determining the factors for Group II, milk, which is generally used every day, was allowed to determine the factors more than sea foods, which are used only occasionally.

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GROUP I, VEGETABLES AND FRUITS.

Fresh and Canned Vegetables and Fruits.

Record weights as purchased (including skins, pits, etc.) of all fresh vegetables¹ including potatoes and other tubers; salad vegetables; greens, etc.; all fresh fruits, including berries and melons; and all canned vegetables and fruits. N. B. Preserves, etc. belong under sweets.

Dried or Dehydrated Vegetables and Fruits

Record the weights as purchased of all dried fruits (raisins, dates, figs, prune apples, apricots, etc.) and all dried vegetables, except soy beans.

	Weight Pounds Ounces	Cost
On hand at beginning of period - - - - -		

	Weight Pounds Ounces	Cost
On hand at beginning of period- - - - -		

Bought during period -

Bought during period -

Total on hand or bought
during period - - - - -

Total on hand or bought
during period - - - - -

On hand at close of
period - - - - -

On hand at close of
period - - - - -

Used during period - -

Used during period - -

Add 6 times the weight of
dried vegetables and
fruits used during pe-
riod - - - - -

Multiply weight used by 6 and add to
weight of fresh vegetables and fruits
used.

TOTAL FOR GROUP

2
LES.

This total represents roughly the weight, when fresh, of all the fruits and vegetables used.

To determine calories in group multiply total pounds by 250 - - - - -

To determine pounds of protein divide total pounds by 70 - - - - -

To determine grams of protein multiply pounds of protein by 454 - - -

Items of Occasional Interest:

Cost per pound of the total - - - - -

Total number of 100-calorie portions- - - - -

Cost per 100-calorie portion- - - - -

¹ Use leaf vegetables once a day, if possible.

² Omit ounces unless total is very small.

GROUP II, PROTEIN-RICH FOODS.

Meats, Eggs, Cheese, etc. Record the weights as purchased (including bones, etc.) of all meats (except salt pork and bacon); poultry; game; fish; canned lobster, shrimp, and other sea foods; eggs; cheese of all kinds, including cottage cheese purchased as such; peanuts; peanut butter; dried soy beans.

Milk, etc. Record the weights of all milk, skim milk, and buttermilk (pint=pound) purchased as such; fresh oysters, clams, and other sea foods shelled or unshelled.

	Weight	Cost	
	Pounds	Ounces	
On hand at beginning of period - - - - -			

	Weight	Cost	
	Pounds	Ounces	
On hand at beginning of period - - - - -			

Bought during period -

Bought during period -

Total on hand or bought during period - - - - -

Total on hand or bought during period - - - - -

Used during period - -

Used during period - -

Add 1/4 weight of milk, etc. _____

Divide weight by 4 and add to weight of meat, eggs, cheese, etc.

1

TOTAL FOR GROUP LBS.

This total represents roughly the weight of the meats, eggs, cheese, etc. with allowance made for protein and calories in the milk, etc.

To determine calories in group multiply total pounds by 900 - - - - -

To determine pounds of protein divide total pounds by 7 - - - - -

To determine grams of protein multiply pounds of protein by 454 - -

Items of Occasional Interest:

Cost per pound of the total - - - - -

Total number of 100-calorie portions - - - - -

Cost per 100-calorie portion - - - - -

1 Omit ounces unless total is very small.

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GROUP III, CEREAL GRAINS AND THEIR PRODUCTS.

Dry Cereal Products. Record the weights of all flours; meals; dry breakfast foods; rice; hominy; samp; buckwheat; macaroni; tapioca; popcorn; crackers; etc.; ~~chestnuts.~~

	Weight	Cost
	Pounds	Ounces
On hand at beginning of period - - - - -		

Bought during period - -

Total on hand or bought _____
during period - - - - -

On hand at close of period - - - - -

Used during period - -

Add 3/4 the weight of bread and other bakery goods - - - - - _____

TOTAL FOR GROUP 1
LBS.

Bread and Other Bakery Goods. Record the weights of all bread; rolls; cakes; pies; cookies; doughnuts; crackers; purchased as such and not made at home. Candy-like cakes and cookies belong under sweets.

Chestnuts.

	Weight	Cost
	Pounds	Ounces
On hand at beginning of period - - - - -		

Bought during period - -

Total on hand or bought _____
during period - - - - -

On hand at close of period - - - - -

Used during period - -

Multiply weight used by 3/4 and add to weight of dry cereal products.

This total represents roughly the weight of the cereals purchased as such with allowance made for those purchased in the form of bread and other bakery goods.

To determine calories in group multiply total pounds by 1600 - - -

To determine pounds of protein divide total pounds by 9 - - - - -

To determine grams of protein multiply pounds of protein by 454 - -

Items of Occasional Interest:

Cost per pound of the total - - - - -

Total number of 100-calorie portions - - -

Cost per 100-calorie portion - - - - -

1 Omit ounces unless total is very small.

GROUP IV, SWEETS.

The Dry Sweets. Record weights of all sugars, granulated, pulverized, lump, maple.

The Watery Sweets. Record the weights of sirups; molasses; honey; jellies, preserves, and jams purchased as such; candy and candy-like cakes and cookies.

	Weight	Cost
	Pounds	Ounces
On hand at beginning		
of period - - - - -		

	Weight	Cost
	Pounds	Ounces
On hand at beginning		
of period - - - - -		

Bought during period - -

Bought during period - -

Total on hand or bought _____
during period - - - - -

Total on hand or bought _____
during period - - - - -

On hand at close of
period - - - - -

On hand at close of
period - - - - -

Used during period - -

Used during period - -

Add 3/4 the weight of
watery sweets used
during period - - - - -

Multiply weight used by 3/4 and add to
the weight of the dry sweets.

TOTAL FOR GROUP 1
LES.

This total represents the weight of the sugar purchased as such and also that contained in sirups and other watery sweets.

To determine calories in group multiply total pounds by 1800 - -
There is practically no protein in these foods.

Items of Occasional Interest:

Cost per pound of the total - - - - -
Total number of 100-calorie portions - - - - -
Cost per 100-calorie portion - - - - -

1 Omit ounces unless total is very small.

REPORT

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GROUP V, FATTY FOODS.

The More Fatty. Record weights of butter; butter substitutes; lard; suet; oil; all cooking fats purchased as such; bacon; salt pork; shelled nuts, except peanuts and chestnuts; chocolate in cake unsweetened.

The Less Fatty. Record weights of cream; ice cream; ^{and} shelled nuts, except peanuts.

	Weight	Cost
	Pounds	Ounces
On hand at beginning		
of period - - - - -		

	Weight	Cost
	Pounds	Ounces
On hand at beginning		
of period - - - - -		

Bought during period - -

Bought during period - -

Total on hand or bought _____
during period - - - - -

Total on hand or bought _____
during period - - - - -

On hand at close of
period - - - - -

On hand at close of
period - - - - -

Used during period - -

Used during period - -

Add 1/4 the weight of
less fatty foods used
during period - - - - - 1

Divide weight used by 4 and add to weight
of more fatty foods.

TOTAL FOR GROUP LBS.

This total represents roughly the weight of the more fatty foods with allowance made for the protein and calories in the cream and other less fatty foods.

- To determine calories in group multiply total pounds by 3400 - -
- To determine pounds of protein divide total pounds by 30 - - - -
- To determine grams of protein multiply pounds by 454 - - - - -

Items of Occasional Interest:

- Cost per pound of the total - - - - -
- Total number of 100-calorie portions - - -
- Cost per 100-calorie portion - - - - -

1 Omit ounces unless total is very small.

